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HORS-D'ŒUVRES FOR HAY DIETERS

Light Luncheon or Supper Dishes

HORS-D'ŒUVRES FOR HAY DIETERS

LIGHT LUNCHEON OR SUPPER DISHES

By

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AUTHOR OF

"MEATLESS DISHES FOR HAY DIETERS"



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FOREWORD

MANY of the following recipes can be used alone as individual hors-d'œuvres—in sections of the hors-d'œuvres tray—or together with the usual sardines, anchovies, shellfish, smoked salmon, etc., etc., and will tend to reduce the protein or starch content of the meal. The letters P., S., and A. after each heading indicate the type of meal (Protein, Starch, and Alkaline) at which the recipe may be used.

In larger quantities they can be used to 'fill' the daily salad, and for this use they are different and excellent. Many of the recipes, if increased in quantity, are specially suitable as light luncheon or supper dishes.

As all Hay dieters know, it is an excellent plan to include salad at each of the two main meals of the day. If a large salad is taken at one meal daily, then a small and attractive hors-d'œuvre salad is all that is necessary at the other meal—therefore a selection of salad hors-d'œuvres is given at the end of this book, but these should in no case take the place of the daily salad unless on far more generous lines as regards the green stuff used.

Raw vegetables and raw salads, and of course raw fruit, are an integral part of the Hay system

of eating and, contrary to the expectation of so many 'beginners,' can be quite delightful and appetizing. It is to help those people who have not mastered the art of using them successfully and attractively, or who have never given them a trial, that many salad hors-d'œuvres recipes are included. If used, to begin with, in the small proportions of an hors-d'œuvre until one becomes accustomed to the inclusion of raw fruit and/or raw vegetables regularly, they can later be increased to a fully fledged individual salad for the 'salad' meal of the day. This will bring variety from the eternal lettuce, tomato, and cucumber, so often served in a dirty, damp, and flabby condition in both English homes and restaurants—enough to prevent any uninitiated person from the use of salad in this country.

The majority of folk who seriously embark upon the Hay diet—not necessarily as a 'cure' but because they want to get the best from life by possessing health in abundance and the joy of living—find, as their experience grows, that Nature's gift of salad (raw vegetables) and fruit becomes, not only as laid down by the rules of the game, more than three-quarters of their intake, but the most enjoyable part of their meals—the most refreshing, yes, in winter as well as summer. I say 'enjoyable' advisedly, because unless we enjoy our food we shall find it difficult to derive any real benefit from it, 'Hay' or otherwise.

May I add here a few words about the inclusion of raw spring onion in so many of the recipes in this book? Raw onion is a most health-giving and cleansing salad vegetable. It is generally understood (erroneously, I think) that many folk are unable to take this pungent ingredient of appetizing salads. Again, there are others who will not take it because of the unpleasant after-scent which they hesitate (rightly) to inflict upon their friends and associates. *But*, if this much-abused little vegetable—and even the stronger members of its family—are treated in the method put forward in these recipes, *i.e.*, chopped *very* finely and left to marinate in a little olive oil for an hour or longer before use, it will be found an entirely different proposition. The oil, with very little of the onion, will make of the simplest ingredients a most intriguing salad or hors-d'œuvre, while for those who like a stronger flavour, more of the onion may be used, and in both cases will be found to digest far more easily, and, therefore, by next morning all taste and scent should have disappeared. In the case of those who are definitely sufferers from digestive troubles, it would be advisable to omit the onion until such time as the digestive tract has become sound again. I have personally been through this experience and now find I can take spring onion in this way with impunity.

Small inexpensive pineapples are now frequently on the market (8*d.* to 1*s.*). Many recipes are given

containing slices or cubes of these pines. For several months past I have ordered and used this excellent and inexpensive fruit as frequently as, say, marrow, peas, or beans. The idea that fresh pineapple is expensive unfortunately still persists. This is not the case if the small Chinese pines are used, and they are 'in' for several months. The flavour of these is quite as good as the larger pineapples, and certainly much sweeter.

Hardly any vegetable or fruit is procurable all the year round—they have their seasons, and it is, of course, advisable to use the varying recipes when they *are* in season, and the fruit or vegetable at its best and cheapest. At the same time, for those who do not mind a little extra expense, there are the tinned, plain water-pack vegetables and fruits (unsweetened) which can be used *all* the year round.

Finally, if you are a busy person and do the preparation of meals yourself as well as the actual cooking, try some of the recipes as light luncheon or supper dishes. If the quantities are increased, many are excellent for this purpose and can easily be prepared in advance.

MABEL OSBORNE

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General Notes on Ingredients for Hors-d'œuvres

The quantities given in the recipes are suitable for hors-d'œuvres. If used for light luncheon or supper dishes, these should be increased.

Potatoes for hors-d'œuvres should be either cold, conservatively cooked new potatoes, or old ones steamed in their jackets and peeled after cooking.

Beetroot juice (raw) expressed by any juice extractor is excellent for colouring any dressing and is most decorative.

Onions, if chopped for salads or hors-d'œuvres, should always be *very finely* chopped.

A little olive oil (very little) mixed well into raw grated vegetables will mellow and serve to keep the colour.

It is a good plan to grate vegetables in advance, putting them into separate little basins and mixing with a sprinkling of olive oil. Cover with a plate until required, and if possible, place in the refrigerator or, at any rate, a cool place.

Parsley, mint, etc., when chopped must be *finely* chopped; coarse parsley is an abomination.

Santa Clara prunes. For stuffing the 'dry pack' variety are the most convenient. These can be had in small or large tins, are easy to stone, and keep and stuff well.

Almond Cheese
(Sufficient for 4)

P.

1½ oz. chopped almonds	Paprika
1½ oz. butter (about)	A few fresh pineapple rings
½ cup grated cheese	
3 tablespoons thick cream	4 or 5 large Queen Olives, or equivalent amount of small olives —or capers
2 tablespoons finely chopped parsley	
Salt (Herbolite or Celery as wished)	

Mix cheese, cream, parsley, with salt and paprika to taste. Spread the mixture on small rounds of prepared pineapple. Stone and chop the olives (or chop the capers), and sprinkle over the mixture.

Fry the chopped almonds very slowly in the butter, tossing frequently until brown. Sprinkle over the chopped olives. Serve cold.

N.B. This is an excellent hors-d'œuvre and can be used with or without the fried almonds.

Orange slices can be substituted for pineapple if wished.

The mixture is also good served on lettuce leaves and makes an excellent salad filling.

If any pineapple slices with mixture are left over they are good warmed on a flat fireproof dish in the oven next day, especially if served for main luncheon course with savoury cabbage.

HORS-D'ŒUVRES FOR HAY DIETERS

Anchovy Eggs

P.

Hard-boiled eggs
Pounded anchovies
Butter

Cut eggs in half, remove the yolks, pound with butter and anchovies, and refill whites while mixture is soft.

Allow to set.

Either slice—or serve half egg with a curled anchovy on top.

Serve on lettuce leaf or cress.

N.B. Should only be used when remainder of meal is light in protein content.

Angels on Horseback

P.

Santa Clara prunes, soaked and stoned. Bacon strips (fat). Grapefruit peeled and sliced across, or slices of fresh pineapple.

Wrap each prune in a slice of bacon, grill, and serve a couple on a slice of warmed grapefruit; or may be served cold.

N.B. Dry-pack (tinned) Santa Clara prunes may be used instead of soaked prunes, and are very convenient, but in this instance not so juicy as the soaked ones.

HORS-D'ŒUVRES FOR HAY DIETERS

Bacon and Cheese Curls (Hot) P.

Few strips thin fat bacon
Grated cheese
Apple rings (cut fresh)

Spread grated cheese on bacon, and roll up.
Cook under grill or in top of the oven.

Serve hot on grilled or baked apple rings.

Caraway Cucumber P.

1 cucumber	3 tablespoons lemon
1 teaspoon ground car-	juice
way seed	Salt
2 bay leaves	Peppercorns
1 tablespoon olive oil	2 tablespoons dry white
	wine

Wash cucumber, and cut into dice without skinning. Sprinkle with salt, and stand for about one hour. Rinse and strain, place in a casserole with a close-fitting lid, and add all the other ingredients, stirring with a wooden spoon to mix oil and lemon.

Cover, and stand in a cool place until required.
Make two days before needed.

Celeriac

P.

Slices cold steamed celeriac, diced
Oil
Lemon juice
Grated cheese

Soak celeriac in olive oil, a *few* drops of lemon juice, and a bare sprinkling of grated cheese (unless a cheese dish is to follow, then use finely chopped parsley instead).

Celeriac Slices in Tomato Sauce

P.

Celeriac
Tomato sauce (page 93)

Peel celeriac, and cut into $\frac{1}{2}$ -inch slices. Steam until just tender. Cut slices into cubes or convenient-sized pieces. Cover with tomato sauce, and serve cold.

A more attractive method is to cut the peeled celeriac into small balls (if you have a cutter for this purpose) and steam after cutting.

HORS-D'ŒUVRES FOR HAY DIETERS

Cheese Eggs in Tomato Cases

P.

Eggs, hard-boiled

Tomatoes (large) halved, with centres removed

Cheese, grated

Rings of unskinned cucumber

Cut eggs in half, pound the yolks with tomato centres (strained), a little grated cheese, and butter. Fill half eggs. Place in tomato cups, stuffing downward. Cut inside from cucumber slices to form a hoop, slip over half eggs like a halo on one side.

Serve one tomato cup with half egg, on lettuce leaf, per person.

N.B. Should only be used when remainder of the meal is light in protein content.

HORS-D'ŒUVRES FOR HAY DIETERS

Cucumber Logs and Tomato Tubs P.

Cucumber	1 tablespoon cream
Tomatoes	1 saltspoon (large)
2 tablespoons grated	paprika
cheese	Lemon juice—a few
2 tablespoons chopped	drops
walnuts	Butter, size of a walnut

Cut sections of cucumber about $2\frac{1}{2}$ inches long. Split in two down centre, and scoop out rather more than the seeds to form 'boats.'

Prepare tomato cases: if small, cut off lid and scoop out centre; if large, cut in half and remove seeds, etc.

Melt butter, add cream, and mix with the remaining ingredients—add a pinch of salt if desired. (Do not cook.) Pile in 'boats' and 'tubs'—place a match-stick in each for a mast. Make a wee split at the top, and insert a small flag cut out in writing-paper. Serve on a sea of cress or lettuce.

This filling can be used to stuff tomatoes in the ordinary way (and is excellent) or as a filling for salads.

HORS-D'ŒUVRES FOR HAY DIETERS

Curled Prunes on Grilled Apple Slices P.

Prunes (Santa Clara dry pack)
Fat bacon slices
Almonds, blanched
Apple slices

Stone prunes, and insert an almond into each. Wrap each in a curl of bacon. Grill or bake in the oven, and serve on grilled or baked apple rings—or serve cold simply in the bacon curls.

Excellent Sardine Mixture P.

8 sardines
4 hard-boiled egg yolks
1 teaspoon grated onion
A squeeze of lemon juice to taste

Pound sardines and egg yolks, and mix with grated onion and lemon juice.

Can be served as paste in balls, or is excellent for stuffing tomatoes or cucumber cases.

HORS-D'ŒUVRES FOR HAY DIETERS

Golden Lactic

P.

Lactic cheese	Lettuce
Marmite	Cauliflower or cabbage
Oil	or sprouts (raw)
Cream	

Soften the lactic cheese with a little cream, and work in marmite to taste.

Mix with finely shredded vegetables. Serve a small heap on lettuce covered with sieved egg yolk and finely chopped parsley.

N.B. Chopped egg white can be added if total protein content is *less* than 25 per cent. of meal.

HORS-D'ŒUVRES FOR HAY DIETERS

Ham and Pineapple Rings (Hot) P.

A small rasher of ham (or bacon)

A few fresh pineapple slices

A teacup of dry cider

Bake the ham in a covered Pyrex (or covered tin) in the oven.

Prepare the pineapple slices, and warm gently at the bottom of the oven.

Heat the cider.

Arrange a small piece of the ham on each warmed pineapple ring, and pour the hot cider over.

A sprig of parsley for decoration.

N.B. Should only be used when the remainder of the meal is of light protein content.

Hay-Way " Pickled " Onions P.

(An excellent item for an hors-d'œuvres tray)

Required number of small pickling-onions or shallots.

Skin and wash in cold water, and put into enamel pan with dressing in the undermentioned proportions. Bring *very slowly* to the boil, and simmer *very gently* for about 5 or 10 minutes. (Do not let onions get soft.)

Put in dish with a close-fitting lid, and leave to marinate in the dressing for one or two days, turning about with a wooden spoon occasionally.

Keep in a cool place.

Dressing

- 1 tablespoon olive oil
- 3 tablespoons lemon juice
- 2 tablespoons dry white wine
- 2 bay leaves
- A few peppercorns (black)
- A pinch of salt

Stir well together to mix oil and lemon.

HORS-D'ŒUVRES FOR HAY DIETERS

“ Pickled ” Onions (Alternative Method) P.

Prepare onions as in preceding recipe, then steam for 5 or 10 minutes (according to size of onions). They should not become soft. Drain well.

Allow to cool. Place them, together with dressing (previous recipe), in a dish with a close-fitting lid. Cover, and stand in a cool place until required. Stir occasionally with a wooden spoon to mix oil and lemon.

Make one or two days before needed.

Kipper-Lactic Hors-d'œuvres P.

- 1 steamed kipper—cold
- 1 block lactic cheese ($\frac{1}{2}$ packet)
- (Or any cream cheese)

Skin and bone the kipper, and mash up; add the lactic cheese, and mash together. If too stiff, a few drops of olive oil may be added.

Can be served in little balls—or used to stuff tomatoes or cucumber.

HORS-D'ŒUVRES FOR HAY DIETERS

Lactic Slaw **P.** (Sufficient for 6 or 8)

1 lb. tender cabbage heart	Spring onions or 2 or 3 shallots
1 box St Ivel lactic cheese	2 hard-boiled eggs
½ gill cream	Celery salt
	Paprika
	Olive oil

Soak cabbage in salt water for $\frac{1}{2}$ hour, shred finely. Chop spring onions, and add, together with chopped hard-boiled eggs. Season with celery salt and paprika, and stir in a little olive oil, just sufficient to make mixture glisten. Work the lactic cheese with a little cream until it is the consistency of whipped cream. Stir well into the shredded cabbage.

Serve small portions either alone on lettuce or together with other hors-d'œuvres.

N.B. Should only be served when remainder of meal is light in protein content—or alternatively omit whites of hard-boiled eggs.

HORS-D'ŒUVRES FOR HAY DIETERS

Mixed Pickles

P.

Chicory	$\frac{1}{4}$ pint water
Celery	1 gill dry white wine
Leeks	1 gill olive oil
Mushrooms	Squeeze of lemon
Tiny button onions	2 or 3 bay leaves
Egg plant	Sprig of thyme
2 or 3 peppercorns	

Put water, wine, oil, and lemon juice in a saucepan with bay leaves, thyme, onions, and peppercorns. Bring to the boil.

Put in the vegetables cut into suitable pieces, and cook for about $\frac{1}{4}$ hour. Take out the vegetables, strain some of the liquid over them, and serve cold.

HORS-D'ŒUVRES FOR HAY DIETERS

Mock Crab Stuffing P.

For either tomatoes, prunes (dry-pack Santa Clara) or cucumber

3 tablespoons butter

$\frac{1}{2}$ teaspoon paprika

Lemon juice

1 tablespoon chopped ripe olives

1 cup or more grated cheese

Cream the butter, add the other ingredients, and mix well.

Stuff tomatoes, prunes, or cucumber cups, and serve on watercress or other salad stuff.

Onion Cucumber with Celery Cheese Tomato P.

Cucumber	Olive oil
Chedlet Celery Cheese	Lemon juice
(Aplin & Barrett, Ltd.)	Tomatoes
Spring onions	

Finely chop a few spring onions or shallots, and soak in $\frac{1}{2}$ teacup or so of olive oil with a squeeze of lemon juice added.

An hour or so before required, cut cucumber slices (do not skin), and place in a soup plate. Cover with the onion and oil, and allow to marinate. Stuff required number of small tomatoes (or half larger ones) with Chedlet Celery cheese.

Arrange cucumber slices, with a little onion adhering, on individual plates on a couple of lettuce leaves, and place a small stuffed tomato in the centre; *or* serve cucumber slices on one dish and tomatoes on another for hors-d'œuvres tray.

Per person

5 or 6 cucumber slices.

1 small stuffed tomato.

Couple of small lettuce leaves.

Orange Curd

P.

Orange, $\frac{1}{4}$ -inch slices cut across

Olive oil

Spring onions, finely chopped (or shallot)

Curds (page 95) or lactic cheese

Paprika

Per person

Arrange a couple of orange slices dipped in olive oil on a lettuce leaf or cress. Mix the chopped onion with curds or lactic cheese to taste, and pile or sprinkle on the orange slices. A touch of paprika may be added for colour.

" Pickled " Celeriac Cubes

P.

(An excellent item for an hors-d'œuvres tray)

Celeriac

Dressing (page 92)

Peel and cut celeriac into $\frac{1}{2}$ -inch slices. Steam until just tender. Cut slices into dice. Allow to cool.

Stir into dressing in a dish with a close-fitting lid, and allow to stand for one or two days, stirring occasionally with a wooden spoon. Stand in a cool place.

“ Pickled ” Herring

P.

(Excellent for hors-d'œuvres tray)

2 fresh herrings, filleted Lemon juice
1 orange 2 or 3 bay leaves
A few peppercorns

Wash fillets, and remove any remaining bones or scales. Lay them in flat earthenware or Pyrex dish. Place the bay leaves on the fillets, and pour over them the strained orange juice, with a squeeze of lemon. Add the peppercorns, and bake in No. 6 oven for 15 minutes, covered with greased paper.

When cold, cut into suitable portions for tray, or cut before cooking if preferred.

HORS-D'ŒUVRES FOR HAY DIETERS

“ Pickled ” Orange Slices **P.**

For individual hors-d'œuvre served on lettuce or cress, or for section of hors-d'œuvres tray.

Peel and remove pith from two or three oranges, cut into slices across, and discard the ‘ end ’ slices.

Prepare sufficient dressing in the following proportions, and lay the orange slices carefully in it. Cover with close-fitting lid, and stand for a day or two, basting occasionally with a wooden spoon.

Dressing

- 1 tablespoon olive oil
- 2 tablespoons dry white wine
- 3 tablespoons lemon juice
- 3 bay leaves
- A few peppercorns

Mix well.

" Pickled " Plums

P.

12 dry-pack Santa Clara prunes	3 tablespoons dry white wine
1 tablespoon olive oil	3 or 4 bay leaves
3 tablespoons lemon juice	5 or 6 black pepper-corns

Method 1: Stone the prunes. Mix together the other ingredients in a fireproof dish with fitting lid. Lay in the prunes, and cook *very* gently in the oven for $\frac{3}{4}$ to 1 hour.

Method 2: Stone the prunes. Mix ingredients together as in Method 1. Lay in the prunes, and allow to stand for one or two days (do not cook), turning occasionally with a wooden spoon.

Method 3: Ordinary Santa Clara prunes (not the dry pack). These must either be soaked first over-night in water or left longer in the mixture.

If using ordinary dried prunes, do not stone; they do not stone so well as the dry-pack variety.

N.B. This is a truly wonderful 'pickle' and is excellent for use with or without meat.

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Pineapple Lactic

P.

Per person

A fresh pineapple slice.

5 or 6 *small* balls of lactic or any other cream cheese.

Paprika or a little grated raw beetroot.

Pile balls of cheese on pineapple slice, and decorate with paprika or grated beetroot.

Pineapple Rarebit (Hot)

P.

Per person

A fresh pineapple slice

3 tablespoons grated cheese

1 teaspoon butter

1 tablespoon dry cider

Lay required number of prepared pineapple slices on a flat Pyrex dish in the oven to get hot—but do not ‘cook.’ Melt cheese with cider and butter (and a spot of thick cream, optional), and pour on to pineapple slices. A little extra cider can be heated in a pan and poured over if liked.

N.B. Slices may be cut up or served whole, according to amount of protein in remainder of the meal.

Scalloped Sardines (Hot) P.

Sardines	Cheese
Butter	Paprika

Arrange fillets of sardines in alternate layers with grated cheese in scallop shells (or individual Pyrex dishes). Season with paprika, dot with butter, and bake in No. 7 oven for 15 minutes. Serve hot with watercress.

N.B. Should only be used when remainder of the meal is light in protein content.

Scrambled Eggs on Pineapple (Hot) P.

Scrambled eggs
Pineapple slices (fresh)
1 or 2 mushrooms (optional)
Dry cider (optional)

Serve the scrambled eggs on the pineapple slices heated in the oven. A little heated dry cider may be added or poured over if desired, while a grilled mushroom or a stuffed olive set on top makes a further change.

N.B. If remainder of the meal is not light in protein content, use scrambled yolks only.

Sherry Cucumber Salad

P.

1 small sweet pineapple diced
 $\frac{1}{2}$ cucumber diced (do not peel)
 $\frac{1}{2}$ lb. grapes, halved and seeded
Dry sherry

Mix pine, cucumber, and grapes more or less in above proportion. Arrange small portions in individual glasses, and pour over each rather more than a dessertspoon of sherry.

Sherry Grapefruit

P.

Grapefruit Sherry
Cucumber slices (optional)

Prepare half grapefruit. Remove centre and pith, and replace sections in skin. Add a good dessertspoon sherry, and serve half a grapefruit per person.

If liked, decorate with cucumber slices (unskinned) tucked in round the edge.

Sherry Prunes

P.

Prunes (Santa Clara dry pack)

Dry sherry

Walnut Cream (page 94) or Salted Almonds
(page 73)

Orange slices

Watercress

Stone required number of prunes, just cover with sherry, and allow to soak for several hours.

Stuff with walnut cream or two salted almonds in each prune. Serve on orange slices about $\frac{1}{4}$ -inch thick (cut across the peeled orange) and with sprig of watercress or lettuce leaf.

Stuffed Dry-pack Santa Clara Prunes

P.

2 or 3 prunes per person

Lactic cheese

Marmite

Olive oil

Remove stones from the prunes with a sharp, pointed knife. Cream the lactic cheese with a little olive oil and marmite. Stuff the prunes.

This is a specially delightful hors-d'œuvre and blends well with other hors-d'œuvres, *or* it can be served alone on a lettuce leaf or with a sprig of watercress.

HORS-D'ŒUVRES FOR HAY DIETERS

Stuffed Olives and Celery Sticks **P.**

A couple of lettuce leaves per person

4 two-inch sections of celery stick per person

1 jar Chedlet Celery Cheese
(Aplin & Barrett, Ltd.)

Stuffed olives

Fill the grooves in the celery stick with celery cheese, and sprinkle with paprika.

Arrange these starwise on a couple of lettuce leaves, cress, or watercress, with a few stuffed olives, on individual plates.

Or the celery sticks may be used for a dish in an hors-d'œuvres tray.

Tangerines and Stuffed Prunes **P.**

Prunes

Use soaked ones if juice is required—otherwise dry-pack Santa Clara.

Tangerines

Cut across in circles, and remove pips—or in sections.

Brandy

For flavouring.

Prepare tangerines, stone and stuff prunes.¹
Arrange together.

Mayonnaise may be added if liked—in which case add a little prune juice to the mayonnaise and/or a little brandy.

¹ Either walnut cream (page 94), lactic (page 91) or cream cheese.

Tomato Cups on Celeriac Slices (Hot) P.

1 celeriac

3 tomatoes cut in half (across)

Tomato sauce (page 93)

Peel celeriac, and cut into 4 or 5 good slices (across). Steam until just tender.

Meanwhile, make tomato sauce and bake half tomatoes gently in the oven—or, if liked, remove centres, fill with peas and a few butter bits, and bake.

Dip celeriac slices, when tender, in the sauce, lay on a flat fireproof dish, and pour remaining sauce over. Stand a tomato cup on each slice, and serve hot.

Any other dressing or sauce for protein may be used instead of tomato.

Alternative serving (cold)

Dice celeriac when steamed, and pour over it the tomato sauce. Mix carefully together. Garnish with tomato slices and chopped parsley or peas.

HORS-D'ŒUVRES FOR HAY DIETERS

Tomato Stuffed Curds

P.

$\frac{1}{4}$ lb. curds (p. 95)	1 dessertspoon lemon
3 oz. chopped raisins	juice
2 oz. creamed butter	Nutmeg
$\frac{1}{2}$ lemon rind, grated	Required number of
	tomatoes

Mix together and stuff tomatoes ;
or pile on to cucumber slices in the shape of cones
—decorate tomatoes ;
or serve a tablespoonful loose on a lettuce leaf
surrounded by tomato slices.

Alternative Hors-d'œuvres

$\frac{1}{2}$ lb. curds
Spring onions finely chopped

Mix together, and fill tomatoes.

HORS-D'ŒUVRES FOR HAY DIETERS

Tomatoes Stuffed with Lactic Marmite P.

Small tomatoes	Olive oil
Lactic cheese	Marmite

Cut lids from tomatoes, and remove insides. Mix the lactic cheese with a little olive oil and marmite. Stuff the tomatoes, and replace lids.

These are good alone or served with caraway cucumber.

HORS-D'ŒUVRES FOR HAY DIETERS

Tomato Jellies

P.

Tomatoes

Chopped onion

1 clove

Agar-agar

Tarragon leaves or
other flavouring

Cook a number of tomatoes with a clove, a few leaves of tarragon, and a little chopped onion.

When tender, press out juice through a cloth or through double muslin. To every pint of tomato juice add a large teaspoon of powdered Agar, melted in a little hot water with a squeeze of lemon and simmered for 10 minutes. Stir well until the mixture begins to cool.

Chopped olives may be added to the jelly, or slices of egg, nut meat (in small pieces or dice), grated cheese, or any vegetables such as cooked or tinned asparagus tips, slices of cooked beetroot, cold cooked peas, slices of tomato ; *or*, for those who wish, shrimps, prawns, crab or lobster meat.

Decorate small glass moulds with intended additions, pour in the jelly, and turn out when set.

Serve on lettuce leaf, watercress, or any other salad stuff.

HORS-D'ŒUVRES FOR HAY DIETERS

Waldorf Hors-d'œuvres

P.

- | | |
|---|------------------------|
| 1 dessert apple, diced | Watercress or lettuce |
| 2 oz. shelled walnuts, slightly chopped | Mayonnaise (for pro- |
| 3 tablespoons chopped celery | tein) or lactic dress- |
| | ing |

Mix carefully, and serve on lettuce garnished with watercress.

Almond Tomatoes

S.

- | | |
|------------------|----------------|
| Tomato cases | Bananas |
| Almond cream | Lettuce leaves |
| Blanched almonds | |

Prepare tomato cases (skin, cut slice from stalk end, and remove seeds, etc.). Stuff with almond cream (page 84), and decorate tops with spikes of blanched almonds.

Arrange on few slices of banana on a lettuce leaf (sprinkle banana with paprika).

HORS-D'ŒUVRES FOR HAY DIETERS

Almond Cauliflower

S.

- | | |
|---|---|
| 1 cauliflower, small, un-
cooked flower tips
only (remainder may
be used for soup or
stock) | Celery, suitably diced
Almonds to taste, shred-
ded or chopped
1 shallot or spring onions,
finely chopped (or 3
slices Spanish onion,
finely chopped) |
| Potatoes, cold cooked,
diced or sliced | |

Mix all together with mayonnaise (starch) or other suitable 'starch' dressing.

Serve individual portions on lettuce or cress, and garnish with a few cauliflower tips.

Artichoke Hors-d'œuvres

S.

- | | |
|-----------------------------------|---------------------------------------|
| Slices cold cooked arti-
choke | Lemon rind, grated
Chopped parsley |
| Oil | |

Mix oil, grated rind, and nearly all parsley together. Dip in the artichoke slices, and garnish with remaining parsley. Serve on lettuce leaf or cress.

Banana with Walnut Dressing **S.**

Ripe bananas Mustard and cress or
Walnut dressing (p. 93) lettuce leaves

Half banana on couple of lettuce leaves per person.

Cut bananas in half across. Split each half down length, and lay on lettuce leaves. Cover with walnut dressing, and top with half walnut.

**Banana Slices and Beetroot Cubes with
Almond Dressing** **S.**

Bananas Honey
Boiled beetroot Cream
Mapleton's almond cream

Slice bananas, and mix with some cooked beetroot dice. Cover with almond cream, and serve on a couple of lettuce leaves or other suitable salad green.

Almond Cream

1 teaspoon almond cream

Rub down with some fresh cream, and add a little honey to taste. Beat until consistency of whipped cream.

This dressing thickens with standing.

Proportions: About 1 teaspoon Mapleton's almond nut cream to $\frac{1}{2}$ gill thick cream. 1 teaspoon honey and couple of drops of almond essence.

HORS-D'ŒUVRES FOR HAY DIETERS

Belgian Hors-d'œuvres

S.

2 or 3 heads chicory (according to size)

2 or 3 bananas

Cold cooked new potatoes (or potatoes
steamed in jackets and peeled)

Cut chicory into dice, slice bananas and potatoes. Mix together, and moisten with olive oil (or starch French dressing)

Sprinkle with parsley or mint.

Biscuit Hors-d'œuvres or Savoury **S.**

Plain wholemeal or oat-	Stuffed olives
meal biscuits	Beetroot, radish skin, or
Cream cheese	cucumber skin deco-
Marmite	ration

Mix a *little* marmite into cream cheese, using a little olive oil if crumbly. Spread on biscuits. Place a stuffed olive in the centre of each, and decorate with diamonds or shamrocks cut from best slices, radish skin or cucumber skin.

Egg and Olive Fingers (Hot or Cold) **S.**

Hard-boiled eggs	Olives, 1 large or 2
(yolks only— $\frac{1}{2}$ per	medium per person
person)	Marmite
Hot buttered toast	Paprika

Sieve hard-boiled egg yolks (if rubbed through cone-shaped sieve with small wooden spoon, this does not take long). Stone and chop the olives.

Make required amount of toast, butter and spread with a *little* marmite. Sprinkle with chopped olives, cover with sieved yolk—a few bits of olive on the top and a goodly sprinkling of paprika. Cut into fingers.

Good either cold or hot.

Egg Yolk and Potato

S.

Cold cooked potatoes cut in suitable slices, a little olive oil to glisten, slices of hard-boiled egg yolk interspersed.

Serve on a lettuce leaf, and sprinkle with chopped parsley.

Alternative method

Cold cooked potatoes cut in small dice with olive oil to glisten. Egg yolk sieved and mixed with chopped parsley, then carefully mixed with potato cubes and decorated with a touch of paprika.

Mayonnaise for starch (page 88) or other 'starch' dressing may be used in place of (or with) oil, if wished.

Fig Fruit Salad Hors-d'œuvres **S.**

Fresh figs	Mayonnaise—if liked
Bananas and/or dates	(starch, page 88)
Stem ginger (a little)	Walnuts or pistachio
Ginger syrup	nuts, chopped

Peel figs, and cut in quarters. Mix with banana slices and/or sliced dates, a little sliced stem ginger and ginger syrup.

If mayonnaise is used, mix with ginger syrup before adding. Decorate with nuts.

N.B. Ginger is not recommended for frequent use but is permissible occasionally.

Golden Bantam Tartlets **S.**

1 tin Golden Bantam corn
1 or 2 tablespoons whipped cream
Tartlet cases

Make some small tartlet cases, and when cold, fill with corn and cream mixed and, if liked, a dash of nutmeg or a sprinkle of paprika.

N.B. To be used only if remainder of the meal has a very *light* starch content.

HORS-D'ŒUVRES FOR HAY DIETERS

Honey Balls

S.

Honey	Grated carrot
Spring onions	Grated parsnip
Olive oil	Watercress

Chop plenty of spring onions, and cover with olive oil. Allow to stand for an hour or more.

Mix with grated carrot, and roll into balls the size of large marbles. Mix the grated parsnip with plenty of honey. Work together, if necessary use a little oil, and form into balls. If liked, roll in very finely chopped parsley. Arrange balls of carrot and balls of parsnip on individual dishes with sprigs of watercress or cress, etc. A couple of stoned dates are a good addition.

Horlicks Banana

S.

Horlicks Malted Milk	Bananas
powder	
Beaten cream	Lettuce

Arrange banana on lettuce. Mix Horlicks and whipped cream. Cover banana.

One dessertspoon Horlicks to 1 gill beaten cream.

Horlicks Balls

S.

Horlicks Malted Milk powder
Cream cheese

Mix Horlicks powder with a *real* cream cheese to taste. Form into balls, and serve on a lettuce leaf—or in a 'nest' of mustard and cress.

Horlicks Tomatoes

S.

Tomatoes	Real cream cheese
Horlicks Malted Milk powder	or whipped cream

Mix powder with beaten cream or cream cheese.
Stuff tomatoes.

Macaroni and Beetroot

S.

Cold cooked macaroni	Hard-boiled egg yolks
Cooked beetroot	Mayonnaise (page 88)
Spring onions or shallot	

Boil macaroni in fast-boiling salted water for about 20 minutes, until cooked. Strain, pour cold water through, and drain.

Dice the cooked beetroot, and finely chop the onion. Mix all together. Cover with mayonnaise, sprinkle with hard-boiled egg yolk, and garnish with watercress.

N.B. To be used only if the remainder of the meal has a very *light* starch content.

HORS-D'ŒUVRES FOR HAY DIETERS

Olive Potato Salad

S.

Potatoes (cooked) Mayonnaise (for starch
Olives meal, page 88)

Either dice or slice some steamed potatoes (preferably steamed in jackets and then skins removed).

Mix with mayonnaise, into which you have stirred some chopped olives.

A little parsley sprinkled over is an improvement.

Potato Mayonnaise

S.

Cold cooked potatoes, Mayonnaise (page 88)
diced Chopped parsley
Shallot or spring onions

Finely chop onion, and stir into mayonnaise. Mix potato dice gently into mayonnaise.

Serve either on lettuce leaf alone, or together with other hors-d'œuvres. Sprinkle with chopped parsley.

HORS-D'ŒUVRES FOR HAY DIETERS

Sweet Corn (1)

S.

Sweet corn (Golden Bantam, small tin is suitable)
Whipped cream, 2 tablespoons.

If tinned sweet corn is used, drain if not thick enough. Mix with beaten cream, and serve cold. Serve on a lettuce leaf, or stuff tomatoes.

Can be seasoned with a little grated lemon rind or grated nutmeg.

Sweet Corn (2)

S.

1 tin sweet corn	Pimento finely shredded
Onion, spring or shallot, chopped	or chopped (or tomato)
	Mayonnaise
Olives, chopped—a few	Stuffed olives
	Watercress

Mix together corn, onion, chopped olives, and pimento with a little mayonnaise (3 tablespoonsful).

Garnish with watercress and stuffed olives, and strips of finely sliced pimento or tomato.

Tomatoes Stuffed with Vanilla Cream S.

Tomatoes	Cream
Grated lemon rind	Vanilla
Honey grains—or honey	

Skin required number of tomatoes. If large, cut in half. If small, cut off lid and keep for replacing. Carefully remove pulp, and drain off liquid. Whip cream, and flavour with vanilla.

Mix the cream with the chopped pulp, a few honey grains, or a little honey, and the grated lemon rind. Fill the tomato cups with cream mixture, and decorate with chopped pistachio nuts or honey grains.

HORS-D'ŒUVRES FOR HAY DIETERS

TWO 'STAND-BY' HORS-D'ŒUVRES

Olives with Brown Bread and Butter **S.**

Serve 3 or 4 olives—according to size—on individual dishes with a couple of pieces of wafer-thin bread and butter.

Cream Cheese Asparagus Rolls **S.**

1 small tin asparagus tops

Cream cheese

Wafer-thin brown bread and butter

Spread bread and butter with cream cheese. Remove crusts, and roll an asparagus top in each piece.

Serve 2 or 3 on each individual plate.

HORS-D'ŒUVRES FOR HAY DIETERS

Red Cabbage Hors-d'œuvres

S.

Red cabbage heart	Dates
Walnut halves	Banana dressing (page 85)

Soak a portion of the heart of a red cabbage in salt water for $\frac{1}{2}$ hour. Drain, and shred finely.

Arrange on individual plates with coarsely shredded walnuts and stoned and halved dates. Pour a little banana dressing over each salad.

Haricot Cabbage

S.

1 teacup shredded cabbage heart	1 teacup cooked haricot (or butter) beans
1 teacup diced cooked beetroot	Capers
	Small black olives (or chopped large ones)

Mix together carefully, and dress with olive oil, a little lemon juice, and a touch of paprika. Mayonnaise (page 88) may be used if wished.

N.B. Haricot beans not recommended for frequent use, but may occasionally be used at a starch meal.

HORS-D'ŒUVRES FOR HAY DIETERS

Agar Vegetable Jellies A., S., or P.

1 pint any vegetable stock. Marmite or Yestrel to flavour. Thicken with 1 good teaspoon powdered Agar-agar, simmered with a little of the liquid until dissolved (about 10 minutes) and then added.

Take required number of small glass moulds; in these arrange any of the following, and fill up with the jelly.

Tinned asparagus tips	Tomato slices
Diced nut meat	Cold cooked peas
Egg slices	Slices cooked carrot
Grated cheese	Slices cooked beetroot
(or any other suitable vegetable)	

A slice of hard-boiled egg is an attractive addition at top of these little jellies when turned out.

N.B. If egg or cheese used, it must be for protein meal—otherwise can be used for starch or alkaline-forming meal.

HORS-D'ŒUVRES FOR HAY DIETERS

Avocado Pears A., S., or P.

$\frac{1}{2}$ or $\frac{1}{4}$ Avocado pear per person
Mayonnaise

Serve $\frac{1}{4}$ pear on lettuce, having removed stone. Fill centre with mayonnaise and a spoonful more on the top.

Alkaline-forming—and can be used at any meal if mayonnaise adjusted.

Capsicums with Tomato Slices A., S., or P.

Capsicums	Spring onions (finely
Tomatoes	chopped)
	Oil (lemon juice)

Cut the capsicums into rings after removing the stalk and seeds. Marinate in olive oil for an hour or more.

Arrange alternately with tomato slices. Sprinkle with a little lemon juice and, if liked, chopped spring onion.

N.B. If for starch, use rather more oil and no lemon juice.

Cauliflower Cream A., S., or P.

Cauliflower	Marmite
Cream, whipped	Lettuce

Coarsely shred the cauliflower, whip the cream, mixing in marmite to taste, and mix all together. Serve on lettuce.

Cucumber Hors-d'œuvres A., S., or P.

$\frac{1}{2}$ Cucumber	$\frac{1}{2}$ Young cabbage heart
Few spring onions (or shallot)	Mayonnaise or French dressing

Shred cucumber on coarse grater. Finely shred cabbage. Chop onions very finely.

Mix together, and add French dressing or mayonnaise.

N.B. Can be used for starch or protein according to dressing selected.

HORS-D'ŒUVRES FOR HAY DIETERS

Lettuce Rolls A., S., or P.

Lettuce	Chopped walnuts
Cream cheese	Chopped raisins

Mix cheese, nuts, and raisins (cut small) together. Spread on large lettuce leaves, and roll. Tie with a long-stemmed nasturtium flower (when in season).

Can accompany any meal.

Onion Beet A., S., or P.

Spring onions	Sieved egg yolk
2 or 3 cooked beetroot	A few lettuce leaves,
Olive oil	cress, or watercress

Arrange leaves or sprigs of green on individual plates. Chop onion finely, and allow to soak in olive oil for an hour or so.

Skin and slice beetroot. Dip each slice in onion oil, and arrange a few slices on lettuce leaves (or other green). Decorate with sieved egg yolk and a touch of paprika.

N.B. Can be used at any meal. A variation compatible with protein only is as follows:

Arrange hard-boiled egg slices with onion beet instead of sieved yolk. Decorate egg slices with a touch of paprika.

HORS-D'ŒUVRES FOR HAY DIETERS

Radish and Beetroot Hors-d'œuvres

A., S., or P.

Beetroot, cooked	Cream—a little
Radishes	Mayonnaise
Horseradish	1 lemon rind, grated

Slice the beetroot finely. Make some radish 'flowers.' Finely grate the horseradish.

Arrange beet slices with a little grated horseradish (either dry or mixed with cream) between, and a little grated lemon rind. Barely cover with mayonnaise, and garnish with radish. Serve on lettuce leaves.

N.B. If lemon juice is omitted from mayonnaise, or cream used instead, this recipe can be used at a starch meal.

HORS-D'ŒUVRES FOR HAY DIETERS

Spring Hors-d'œuvres A., S., or P.

- | | |
|---|--|
| $\frac{1}{2}$ pint French beans,
cooked and broken
into $\frac{3}{4}$ -in. pieces | Some radishes, finely
sliced
Spring onions (or shallots), finely chopped |
| 2 tomatoes, skinned and
sliced | Mayonnaise |

Mix beans and onion with tomato slices for individual portions. Add mayonnaise, and garnish with egg slices.

Serve on lettuce leaf or with watercress.

N.B. If for starch, use mayonnaise, page 88.

HORS-D'ŒUVRES FOR HAY DIETERS

Tomato Slices in Olive Oil

A., S., or P.

Tomato slices	Lemon (if for starch
Olive oil	meal, omit)
Shallot or spring onions	

Mix two or three tablespoons olive oil with a little lemon juice and finely chopped onion. Leave for a couple of hours.

Dip in each tomato slice carefully, allowing a little onion to adhere to each.

Arrange carefully—slices to overlap.

N.B. Potato slices are good treated in this way, but omit the lemon juice. Of course this can only be used at a starch meal.

HORS-D'ŒUVRES FOR HAY DIETERS

Apple Sprouts

A. or P.

- | | |
|---|--|
| 12 firm Brussels sprouts,
shredded, uncooked | 1 celery heart, diced
2 or 3 oz. walnuts,
broken roughly smaller |
| 1 dessert apple, diced,
unpeeled | 2 tomatoes sliced |

Mix together carefully, dress and garnish with tomato slices.

N.B. Cabbage heart may be used instead of sprouts.

Asparagus Tips with Normandy or Hollandaise Sauce

A. or P.

Asparagus tips (fresh or tinned)
Normandy Sauce (page 91) *or*
Hollandaise Sauce (page 86)
Paprika

Serve 5 or 6 asparagus sticks on each individual plate, with a dessertspoon of sauce, and a touch of paprika.

HORS-D'ŒUVRES FOR HAY DIETERS

Beetroot and Pineapple **Norwegian Hors-d'œuvres** **A. or P.**

Cooked beetroot, diced Mayonnaise (protein,
Fresh pineapple, diced page 87)
Raw beet juice

Mix together equal quantities beetroot and pineapple. Sprinkle with lemon juice. Cover with mayonnaise, mixed with a little raw beet juice to colour.

Serve individual portions on lettuce.

Buttered Cucumber (Hot) **A. or P.**

Cut cucumber into $\frac{1}{4}$ -in. slices. Either steam or simmer in water with 1 teaspoon lemon juice. Drain, arrange in fireproof dishes, and pour over them the following sauce.

Sauce: Melt 2 oz. butter in a saucepan, and add 3 dessertspoons lemon juice and chopped parsley; or use Normandy Sauce.

HORS-D'ŒUVRES FOR HAY DIETERS

Cream Cheese Apple Rings A. or P.

Fresh-cut apple rings	Chopped walnuts
Cream cheese	Olive oil
Raisins	

Cut some apple rings from dessert apples, and dip into olive oil. Mix cream cheese with chopped nuts and raisins cut up. Place little heaps on each apple ring.

Serve on lettuce leaf, or decorate with water-cress.

HORS-D'ŒUVRES FOR HAY DIETERS

Onion Grapefruit

A. or P.

Santa Clara dry-pack prunes	Spring onions, chopped finely (or shallot)
Nut cream (Mapleton's)	Olive oil
1 or 2 tablespoons fresh cream	Grapefruit

Stone and stuff the prunes with a little nut cream mixed with fresh cream to consistency of whipped cream.

Chop the onions finely, and cover with olive oil.

Peel and slice the grapefruit across with a sharp knife.

Dip each slice in the onion oil, and place one or two stuffed prunes on each. Serve one slice per person on a lettuce leaf.

HORS-D'ŒUVRES FOR HAY DIETERS

Orange and Onion Hors-d'œuvres

A. or P.

Oranges

Spring onions

Olive oil

Skin and remove pith from oranges. Cut into slices across.

Chop some spring onions or shallots, and stand in olive oil for an hour or two.

Dip orange slices, allowing onion to adhere, and arrange on lettuce leaf. Serve in individual dishes or in section of hors-d'œuvres tray.

Orange Olives

A. or P.

Orange slices (cut across the orange)

Chopped onion (spring or shallot)

Olive oil

Small black olives or chopped large ones

Cover chopped onion with olive oil in a small basin. In this dip each orange slice separately, allowing onion and oil to adhere.

Arrange on individual plates with the black olives, with or without lettuce or cress.

HORS-D'ŒUVRES FOR HAY DIETERS

Pineapple Beet

A. or P.

Fresh pineapple
Beetroot (raw, grated)
Cream cheese

Scrub some beetroot, and grate, raw. Mix with cream cheese. If too stiff, add a very little cream or oil.

Place small heaps on slices of prepared pineapple, and, if liked, pour a little beet juice over the pine, which gives an unusual and attractive colouring.

Pineapple Mint

A. or P.

Fresh pineapple
Fresh mint

Prepare pineapple, and cut into tiny cubes. Mix with very finely chopped mint, and chill. A little olive oil may be added if wished.

Serve in grapefruit glasses.

N.B. This is an excellent way of using small, inexpensive pines.

HORS-D'ŒUVRES FOR HAY DIETERS

Spanish Hors-d'œuvres A. or P.

2 juicy oranges	Lettuce
1 Spanish onion	Watercress

Cut oranges in slices across. Cut onion into wafer-thin slices across. Dip orange slices and onion slices into olive oil. Arrange alternately on lettuce. Garnish with a sprig or two of watercress.

Salted Almonds A., S., or P.

Blanch Jordan almonds. Fry very slowly in olive oil (very little in pan at once) until light brown.

Drain on suitable paper. Toss in a mixture of salt and paprika.

SALAD HORS-D'ŒUVRES

SMALL individual salads make excellent hors-d'œuvres and are greatly recommended for Hay dieting. Dr Hay advises a little salad at every meal.

Salad hors-d'œuvres can be not only most decorative and artistic, owing to the attractive colouring, but also most refreshing.

Fill individual salads with a small portion from any of the following, or take a little from two or three of the mixings and arrange decoratively. Watch your colour schemes.

Mayonnaise (pages 87–88) may be used with any of these fillings, lemon juice of course only for an alkaline or protein meal.

Raw carrots, coarsely grated if new, otherwise finely grated, mixed with a dash of olive oil to glisten. If liked, a few drops of lemon juice (to taste) and/or a little thick cream, a little finely chopped shallot or finely cut leek, or a little finely chopped parsley is excellent.

White cabbage heart, very finely shredded, raw, mixed with oil and lemon juice. A little chopped onion (optional) or a little finely chopped parsley.

Cauliflower, well washed and very finely grated, is excellent alone, dressed with a glistening of oil, cream, mayonnaise, or lemon juice; or it mixes

excellently with coarsely shredded cucumber (do not remove skin) or radish, finely grated beetroot, or finely chopped shallot.

Parsnips, grated raw, mixed with grated, shredded, or sliced radishes and olive oil, are a revelation. Parsnip and beetroot mix well, as do parsnip and spring onions.

Beetroot, raw (brushed well and, if young and clean, with skin), finely grated, is most attractive mixed with finely chopped spring onion or shallot, and the usual olive oil, and/or lemon juice or orange juice, for A. or P.

Celery, shredded, chopped, or grated.

There are many attractive mixings you can discover for yourself ; some of the best mixings I find are :

Grated carrots and apple (coarsely grated) with or without raisins and with or without finely grated cheese (if cheese, P. only ; if cheese omitted, A. or P.)

Chopped apple, walnut, and celery (A. or P.)

Turnip and swede grate well, and also celeriac, which has a strong celery flavour. Sea-kale is sweet and tender raw, more so than when cooked.

Other raw ingredients perhaps not so well-known are chicory, finely shredded, firm uncooked sprouts, shredded young marrow, and shredded pimento or capsicum.

Then, of course there are endive, young spinach leaves, and seeds, watercress, and basket cress.

In all cases be extravagant with oil and frugal with lemon.

Remember sauces and dressings as given in a later section can transform the most uninteresting salad or hors-d'œuvres.

Banana dressing (page 85) for 'starch' salads, and walnut cream dressing (page 93) for salads with banana as a filling, are two of the most excellent.

HORS-D'ŒUVRES FOR HAY DIETERS

Russian Hors-d'œuvres

Russian salad, or hors-d'œuvres, consists of any mixings of cold *cooked* diced vegetables. The following mixtures are given in the hope that they will suggest others.

Russian mixing (1)

S.

1 carrot	1 potato
1 parsnip	(All cold, cooked)
1 beetroot	2 hard-boiled egg yolks,
1 teacup peas, tinned or fresh	sieved
	3 sticks chopped celery

Dice vegetables, and mix lightly together in a basin with peas, celery, and a *little* olive oil. A little finely chopped onion may be added if liked. Mayonnaise (for starch meal) may be used instead of oil, if wished.

Garnish with egg yolk and watercress.

N.B. If potato is included in any hors-d'œuvre it must only be used at a 'starch' meal.

HORS-D'ŒUVRES FOR HAY DIETERS

Russian mixing (2)

S.

$\frac{1}{4}$ pint tinned or freshly cooked peas	1 turnip, cooked and diced
1 large carrot, cooked and diced	1 medium potato, cooked in jacket, skinned, and diced
Mayonnaise for starch	

Carefully mix together. Serve individual portions with cress or lettuce, or use for one section of hors-d'œuvres tray. If wished, potatoes can be omitted, and filleted Gorgona anchovies substituted; then mayonnaise for protein can be used.

To prepare anchovies, scrape, fillet, lay sections in milk for $\frac{1}{2}$ hour or so. Wash lightly, squeeze out moisture, and use.

HORS-D'ŒUVRES FOR HAY DIETERS

Russian mixing (3)

S.

3 small beetroots, cooked and diced	1 shallot, finely chopped 1 celery heart, raw, diced
3 new potatoes, cooked, skinned, and diced	Mayonnaise for starch

Mix all together, and dress.

N.B. If potatoes are omitted from these
'Russian' mixtures, they can be used for A. or P.

HORS-D'ŒUVRES FOR HAY DIETERS

Russian Lactic

P.

Small dice of any of the following cold cooked vegetables may be used, either alone or mixed together, with or without chopped onion added.

Carrots	Parsnips
Turnips	Celeriac

or

Cold cooked peas
French beans cut small
Broad beans, etc.

Cover with lactic cream dressing (page 91), to which a little paprika may be added, or sprinkled on top, if colour is required.

DRESSINGS

Dressings play a most important part in hors-d'œuvres and salads.

Use with discretion.

Almond Dressing A., S., or P.

- 1 real cream cheese
- 1 tablespoon cream (or oil)
- 1 oz. ground sweet almonds
- 2 tablespoons raw carrot juice

Mix cheese and cream (or oil). Add almonds and, lastly, carrot juice gradually.

Almond Cream Dressing A., S., or P.

1 teaspoon Mapleton's Almond Cream

$\frac{1}{2}$ gill (or more) thick cream

Mix thick cream gradually into almond cream, rather thinner than required, as the nut paste thickens the mixture with standing.

If required very thick, the mixture can be whipped.

For starch meal a little honey can be added and is an improvement.

A drop or two of almond essence can be added if a stronger flavour is desired.

Banana Dressing

S.

Bananas
Olive Oil
Cream

Beat a couple or more of ripe bananas with very little olive oil, and add cream until required consistency. If required thick, use whipped cream.

Beetroot Dressing (Most Attractive)

Add raw beetroot juice to any cream-coloured dressing—it is most decorative.

HORS-D'ŒUVRES FOR HAY DIETERS

Fruit Salad Dressing (for Acid Fruit)

A. or P.

- $\frac{1}{2}$ gill natural unsweetened grape juice, bottled ;
 or natural unsweetened pineapple juice,
 tinned
- 1 tablespoon lemon juice
- 1 tablespoon orange juice

Mix, chill, and use as required. A little dry white wine can be added if wished.

Hollandaise Dressing

A. or P.

- 3 egg yolks
- 4 oz. butter
- 1 lemon

Beat 3 egg yolks, in double-boiler saucepan, and heat carefully. Gradually add the butter, a slice at a time. Allow to thicken, but do not boil. Add strained juice of a lemon just before serving.

HORS-D'ŒUVRES FOR HAY DIETERS

Horseradish Dressing A. or P.

$\frac{1}{4}$ pint cream

$1\frac{1}{2}$ oz. grated horseradish

A little lemon juice (about 1 tablespoon)

Whip cream, add horseradish and lemon juice to taste. Mix well.

Mayonnaise A. or P.

1 egg yolk

Olive oil

Lemon juice

Put 1 egg yolk in a basin, add rather less than 1 dessertspoon of lemon juice, and mix well. Pour in oil drop by drop until same is very thick, when it can be added more quickly.

Mayonnaise

S.

1 egg yolk

Olive oil—any quantity up to 1 large teacup

Cream (or milk)

Grated lemon rind

Chopped parsley (optional)

Drop egg yolk into a basin, and stir well. Add olive oil very slowly and carefully to begin with, drop by drop, and stirring all the time. When mixture is thick and required quantity, thin down with a little cream (or milk), and add lemon rind and, if liked, chopped parsley.

Mayonnaise

S.

(Alternative Method)

Butter } equal quantities
Cream }

1 egg yolk

Grated lemon rind

Carefully melt butter, and add cream. Heat, but do not boil. Add egg yolk, beat well. Heat again, and stir until it thickens, but do not allow to boil. Add grated lemon rind.

Use hot or cold.

HORS-D'ŒUVRES FOR HAY DIETERS

Cream Mayonnaise A. or P.

To mayonnaise (page 87) add equal quantity beaten cream.

Horseradish Mayonnaise A., S., or P.

To mayonnaise (pages 87-88) add a spoonful of very finely grated horseradish. If for starch meal, add a little sugar also.

Tomato Mayonnaise A., S., or P.

To mayonnaise (pages 87-88) add a dessertspoon of tomato purée and (optional) a few shredded peppers.

HORS-D'ŒUVRES FOR HAY DIETERS

Mint Sauce

P.

Mint

Lemon juice

Boiling water

Chop mint, put in basin and just cover with boiling water. Add equal quantity of lemon juice, and a little oil.

Mint Sauce

S.

(Alternative Method)

Mint

Sugar or honey

Lemon rind

Chop the mint, 2 tablespoons to 2 tablespoons sugar. Put in basin with lemon rind, and just cover with boiling water. Dissolve sugar.

Allow to go cold.

A little oil if wished.

Lactic Dressing **P.**

St Ivel lactic cheese
Olive oil
Cream

Work down the lactic cheese with a little olive oil, mix with a little whipped cream to taste.

For variety a little paprika or a little ground caraway seed may be added.

Normandy Sauce **P.**
(Specially good with sea-kale)

Butter
Cream
Lemon juice

Heat equal quantities of butter and cream, but do not boil. Season. Add a little lemon juice just before serving. The yolk of an egg may be added, before the lemon juice, to thicken, but be careful not to boil.

Use hot or cold.

HORS-D'ŒUVRES FOR HAY DIETERS

" Pickling " Sauce or Dressing A. or P.

- | | |
|------------------------------|--------------------------|
| 1 tablespoon olive oil | 2 or 3 bay leaves |
| 3 tablespoons lemon juice | A few black pepper-corns |
| 3 tablespoons dry white wine | A pinch of salt |

Stir well together to mix oil and lemon. If for dressing, allow to stand for couple of days in a closed jar, stirring occasionally with a wooden spoon.

Or can be used for ' pickling ' according to instructions in individual recipes.

Sour Cream Tomato Dressing

A., S., or P.

- 2 tomatoes (or more)
- Sour cream

Skin and sieve tomatoes. Add purée to sour cream.

Chopped mint or parsley may be added.

Tomato Sauce

P.

- | | |
|----------------------|----------------------|
| 4 tomatoes (2 table- | 1 oz. butter (about) |
| spoons purée—not | 2 eggs, yolks only |
| more unless another | Pinch of salt |
| yolk is added) | Paprika |

Melt the butter in a saucepan until oiled, stir in the egg yolks. Add the tomato purée, salt, and paprika. Stir over *low* heat until sauce thickens, taking care not to curdle.

To make tomato purée: Scald tomatoes, and remove the skins. Cut up, and rub through a cone-shaped sieve with a wooden spoon.

Walnut Cream Dressing

A., S., or P.

- 1 teaspoon Mapleton's Walnut Cream
 $\frac{1}{2}$ gill thick cream (or more)

Mix thick cream gradually into walnut cream—rather thinner than required, as the walnut paste thickens the cream with standing. If required very thick, the mixture can be whipped.

If for starch meal add a little honey to taste—it is quite delicious.

Walnut Cream Filling

A., S., or P.

For tomatoes, prunes, etc. See "Walnut Cream Dressing" (page 93)—mix rather thicker.

If for starch meal, add honey to taste.

To make Curds

P.

As used in some of the recipes. Take 3 pints of milk just 'turning' (or add a dessertspoon of lemon juice), and stand in a warm place covered with butter-muslin to achieve the same result. Place in double boiler with cold water underneath, on a *very* low gas, and bring from cold to hot *very* gradually. Do not allow to cook. Turn off the gas, and allow to stand as it is for one hour—when the curds should have separated from the whey. Place a cheese-cloth or butter-muslin over a colander in a basin, and pour the curds and whey into it. Allow the whey to drain off, and then hang up the curds in the muslin over a basin to drip; this should be in a draught of fresh air. Leave for twelve hours. Scrape out of the muslin, and it is ready for use.

If the milk is left for a further twelve hours, the slightly sour taste will have vanished, and it can be eaten with fruit or cream.

